

ABSTRACT OF THE DISCLOSURE

A telecommunication optical fiber cable and in particular a reduced diameter optical cable with improved installation features for use in the end part of an access telecommunication network. The optical fiber cable has a number of optical fibers; at least a core tube containing the optical fibers; a jacket surrounding the core tube; and at least one strength rod spaced from the central axis, the cable having a twisting stiffness  $G \cdot J_p$ , wherein  $G$  is the elastic shear modulus; and  $J_p$  is the polar moment of inertia of a cable section, wherein the twisting stiffness  $G \cdot J_p$  is lower than or equal to  $0.10 \text{ Nm}^2$ , preferably lower than or equal to  $0.05 \text{ Nm}^2$ , and more preferably lower than or equal to  $0.02 \text{ Nm}^2$ . The cable is profitably installable by a blown method.